SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 28th March 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 28 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sun 01 **Paddock Wood 1/2M Club Champs**

Tue 03 **Track Session with Steve Smythe** see below
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, £2.55

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

In your *SHORTS* this week !

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10 Wednesday Night Map to print

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Apr 1 Paddock Wood 1/2M Club Champs
Apr 12 Assembly league , Beckenham
Apr 22 London Marathon

full fixture list & info page 2

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Track Sessions at Ladywell

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

NEW RUNNERS ROTA

If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Cameron Timmis	28/03
Sam Oyeyinka	04/04
Mick Ward	11/04
Steve Wehrle	18/04

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house, so please remember to pay when you sign in. Thanks. – Ros

MIDSUMMER 5K 20 JUNE 2012

We are beginning to start organising this year's Midsummer 5k race.

If you would like to help beforehand (even small amounts of assistance are really welcomed), please contact me. – ros@28kerfield.freeserve.co.uk

We shall have a short meeting after the run this Wednesday (about 9.00).
Thanks – **Ros**

LUCKY VEST

The March winner was Lindsey Annable

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening

Vests/kit – a selection of tops is always available at

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			Event		Venue
Apr	Sun	1	Paddock Wood 1/2M	L	Paddock Wood
	Thu	12	Beckenham Assembly League		Beckenham start 7:15
	Sun	22	Marathon	L	London or alternative
May	Thu	3	Blackheath Assembly League		Blackheath start 7:30
	Sun	6	1066 Relay		
		19/20	Green Belt Relays		
Jun	Thu	7	Victoria Pk. Assembly League		Victoria Pk, Mile End start 7:30
		9/10	Welsh Castles Relays		
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham 7:15 start
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

DULWICH RUNNERS 2012 CLUB CHAMPS

The races comprising the 2012 club champs have now been selected. Dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

Wednesday Running Maps

On page 10 in SHORTS you will find a copy of the map for this weeks runs.

Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! – **Ros**

ASSEMBLY LEAGUE 2012

This year's series of Assembly League races begins in April. For those new to the club, this is a series of 6 races of roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

There are usually two races at each of three venues, Beckenham, Victoria Park in Hackney and the O2 in North Greenwich, but there are likely to be some changes this year as a result of the Olympics.

Note that with Easter falling in the first week of April, the first race at Beckenham has been delayed until 12 April.

Update

We have now been informed that the subsequent fixtures will be held on the first Thursday of each of the spring/summer months: 3 May, 7 June, 5 July, 2 August and 6 September.

See fixture list for details. – ***Mike***

SWEATSHOP DISCOUNT VOUCHERS

Sweatshop Clapham is offering club members a 20% discount on all its product range.

This will be available at its Clapham store in Voltaire Road until 14 April. Vouchers will be available at the club on Wednesday nights

CLUB CHAMPS 2012
Paddock Wood 1/2M

The next club championships is Paddock Wood Half on April 1- there will now be no entries on the day and entries closed before their advertised date.
Despite a few regulars missing: ie Ros and Andy are in Finland for the World Masters Indoor Championships:

Dulwich entries so far number a record 61 (with a very high 18 senior men and perhaps slightly below par women numbers).
Even though we don't have defending individual champion Clare Elms competing, we still have a strong women's team and we should also be challenging for a top 3 place in the men's team race.
SM (18): S Ackroyd, J Barretta, C Broadbent, N Daniels. J Danko, P Devine, J Dowsett, M Galvin, J Godber, E Hill, P Hutchison, W Lashley, T Marshall, O Montfort, C Moody, R Nash, E Smyth, M Williams
VM (11): J Albert, G Barnes, J Brady, M Foster, P Keating, A Khandelwal, C Lound, A Patel, E Prill, C Timmis, D Wilson
M50 (11): B Bell, L Clater, C Frith, G Laylee, C Loizou, BJ Nicholls, S Smythe, S Street, G Sullivan. M Ward, S Williams
M60 (2): M Mann, S Wehrle
SW (11): M Allard, M Burkhart, S Cooper, M Edwards, K Hainsworth, C Quirico, A Shaw, J Shelton, L Stephens, A Thomas, C Wood
VW (7): L Annable, O Balme, E Ibell, C Osborne, N Richmond, A Pickup, S Rowlands
W50+ (1): C Steward

If intend running the Paddock Wood Half Marathon, but haven't yet got your entry in, it would be wise to do so quickly. As of today (19th.), they have already received over 2.000 entries.
I have checked with South Eastern timetables and, unlike last year, there are no major engineering problems.
The first train from Herne Hill leaves at 7.56, calling at Beckenham Junction (8.04) and Bromley South (8.10). This train does NOT stop at West Dulwich. You need to get the 7.34 a.m. to Herne Hill. The train arrives at Sevenoaks at 8.39 and you then need to get the 8.45 (across platform to 3) to Paddock Wood arriving 9.02 a.m. 3 minutes walk to Eldon Road and start. If coming from Orpington, you need to get the 8.33 (1st train)direct to Paddock Wood.
The Elm Tree Pub, 2 miles out on the run (but only a mile from the finish) does excellent Sunday lunches and good beers but you need to book on **01892 832226**
www.elmtreeinn.co.uk
If driving, there is alternative and substantial parking at the station car park on the other side of the railway bridge (£1 on Sundays). Have a great run. - **Ron Searle**

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.
Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:
Kent: http://www.kcaa.org.uk/road%20races.htm#prov
Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

"**Further update: As well as the Wimbledon 5k being moved to Saturday 11th August to avoid clashing with the Olympics Men's Marathon, the Dorking 10 miles has been moved to Sunday 10 June to avoid upstaging some other celebration. The Richmond Half is officially full, but a few places have been made available for members of Surrey clubs. Contact me for details.** - ***Charlie Lound*** ***chas.lound@btinternet.com***

Kent Grand Prix and Championship Races

6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Dulwich lie 14th after 2 races in the Kent grand prix (Canterbury 10, Thanet 20) in both men and women's events – full results in spreadsheet sent with SHORTS

RELAYS UPDATE

Good news on the relays front. We have entered 6 teams of 5 for the 1066 Relay and have just heard that our applications to enter 2 teams for the Green Belt Relay and one for the Welsh Castles Relay have been successful. We will be organising teams and stage allocations shortly, so those of you who have put your names forward will be hearing from us soon.

The Green Belt relay remains popular among club members and we have the luxury of being over-subscribed. This means that some of you will be placed on the reserve list that we will draw on in the event of withdrawals through injury etc. For the other two relays, it looks like pretty well everyone who has put their name forward will get a run. *The Relayers Team*

South of England Six stage Relays

This weekend Dulwich will hopefully field a strong team in the South of England women's six stage relay at Milton Keynes. Likely runners are Clare Elms, Debbie Nicol, Shona McIntosh (2:47 marathoner making club debut), Charlie Wood, Ola Balme and either Nicola Richmond or Kim Hainsworth.

The British Masters Relays are at Sutton Coldfield on Saturday May 12

In the past we have won both the W35 and W55 events and come in the top 10 in both M35 and M50 races.

Potentially leading runners are
W35: Andrea Pickup, Emily Gelder, Nicola Richmond, Emma Ibell, Angela Oritsejafor, Claire Tinker etc, plus W45s?
W45-54 (3): Clare Elms, Ola Balme, Angie Norris, Clare Wyngard, plus W55+?
W55+ (3) Ros Tabor, Claire Steward, Stephanie Burchill
M35 (8) Tom Marshall, Buzz Shephard, Matt Galvin, Mike Williams, Charles Lound, Jose Barretta, Paul Shackleton etc - plus M45s/M55s
M45 (6) Tony Tuohy, Dave Beaver, Chris Loizou, Duncan Hussey, Steve Smythe, James Godkin, Mark Foster, Duncan Wilson, Eberhard Prill, Mike Fulliove, Gary Sullivan etc plus M55s
M55 (4) Nick Brown, Adrian Greer, Steve Williams, Steve Smythe2, Andy Murray, Mike Mann, Neville Webb, Hugh Balfour, Ian Sesnan etc
Captains and coaches will be checking availability of leading runners.

Dulwich has six men and six women's free entries for the **BUPA London 10km on Sunday May 27** which will be the fastest and best quality 10km in Britain this year.
The fastest 6 men and women available will run for the club based on current form at time of entry closure.
Provisionally the men's 6 (Charles Lound and Ben Fairhall unavailable)will be
1 Tony Tuohy; 2 Mike Williams; 3 Tom Marshall; 4 Dave Beaver; 5 Ed Hill plus 1 other
The Women's 6 (Catherine Lee not available) would be 1 Clare Elms; 2 Charlie Wood; 3 Ola Balme; 4 Alexie Shaw; 5 Emily Gelder plus 1 other

TRACK MEETING, 14 APRIL

For those wanting to try their hand at an early season track race, there is an opportunity at the first Herne Hill open meeting of the season at Tooting Track on the afternoon of Saturday 14 April. Races on offer include an 800m and 3000m. There are also open meetings being held by Crawley AC on 8 and 22 April. ***Mike***

Race Reports & Results

5km Results for March 24th

The Parkrun organisers encourage the wearing of club vests.
So if you have one please wear it and help promote the club.
Vests and other club kit can be obtained by contacting Ros
ros@28kerfield.freeserve.co.uk

Bromley

Mike Fullilove was close to his best.

23 Mike Fullilove	19:54
48 Martin Morley	21:13
54 Colin Frith	21:41
64 Joseph Brady	22:22

277 finished

Brockwell

Mel Edwards gained her first ever parkrun victory while Anna Thomas also set a course PB.

10 Mark Foster	19:51
24 Cameron Timmis	21:32
26 Mel Edwards 1W	21:36 (course PB)
42 Mike Dodds	22:23
48 Claire Steward 5W	22:39
51 Anna Thomas 6W	22:46 (PB)
53 Clare Wyngard 8W	22:57
55 Emma Vernon 9W	23:05
65 Paul Keating	23:43
74 Nicola Hill 19W	24:39
118 Duncan Wilson	29:15

143 finished

Crystal Palace

3 Will Davis	19:34
20 Jozef Danko	22:51
21 Bob Bell	22:59
36 Ameet Patel	25:21

68 finished

Riddlesdown

In her 61st parkrun, Angie Norris not only won the women's race, she also finished second overall and set her fastest ever time

2 Angie Norris 1W	20:21

64 finished

Banstead Woods

Chris Vernon writes...Saturday saw Sue and I tackle my 10th different parkrun venue,this time probably the prettiest of all in Banstead Woods.

On arrival we were greeted by an old friend of Dulwich, that great veteran marathon runner Anne Roden, as well as Banstead regulars Tony Tuohy and Jo Quantrill. It turned out to be the 250th running of the race which makes Banstead one of the oldest parkruns.

The undulating course with only one hill is on wide, smooth, woodland paths – we must come back when the bluebells are in bloom. The majority of the field were not attached to a club, why can't we attract all these other runners into the club scene? Collingwood however were well represented, resplendent in their yellow vests, apart from them there were no clubs in great numbers.

The race was not difficult, the one and three-quarter laps meant that the biggish hill was only climbed once. I was not lapped (for the first time in 3 weeks ,that is a result) and Sue continued her improving form finished not far behind me. At the front of the race Tony lost out on victory by just two seconds, showing that Dulwich vests can span the field from front to back! After the race, we all went back to a local pub for coffee and to consume the 250th birthday cake while the results were uploaded.

2 Tony Tuohy	17.31
36 Jo Quantrill 2W	23.12 (2nd cl)
121 Chris Vernon	32.04
126 Sue Vernon	33.05

There were 138 finishers

British Masters Cross-country, Bath, March 25

Women's 5.5km

Ros had one of her best cross-country's of the winter to take W60 bronze ahead of rival Margaret Moody and she finished two seconds ahead of W55 Ann Ford, who was the Commonwealth 3000m champion in 1978 and she won three team medals in the World cross-country championships and five times made the top ten.

69 Ros Tabor 3W60 24:39

Men's 8km

Mike Mann had a solid run to make the top ten in the M60s.

107 Mike Mann 9M60 33:40

Sport Relief 6 mile 18th March 2012

We entered this way before Barrie was down to do the marathon so he felt obliged to fulfill his commitment given it was for charity. I intended to do the run too but all went pear shaped, as I didn't get in from my Jakarta trip until a quarter to three in the morning. A technical fault on the plane meant an 8 hour connection time in Singapore, which severely lengthened the journey home.

We were in the first wave so I decided to go up to watch later waves with Barrie. The mile this year was up the mall and back so a stunning route that was enhanced by lovely sunshine and the Union Jacks that have been put up in this the Olympic year.

Barrie showed enormous dexterity and speed in dodging prams, walkers and rucksack bearers to come in just outside 50 minutes. He also had a burn up with and just pipped the JLS fan club who were there in great numbers to cheer or more like scream at JLS who participated in a later wave. One Direction and Justin Bieber fans were also present but went home disappointed not to see their heroes.

There was the usual smattering of celebs C-list downwards with some like Nell McAndrew and David Tennant going for a good time, being seasoned Great North runners, but others just there to support the event (and for self-promotion??). Amazing to see Michael Watson the boxer continuing to support good causes and push his body to the limit.

A great day for all though and I am sure this prompts some people to get into running. No other DRs spotted apart from Sue and Chris Vernon who were striding down the Mall, looking to be on their way home, but unfortunately too far away to say hello.

Barrie John Nicholls 50:49

Maratona di Roma, Sunday 18th March

My first time in Rome and I was looking forward to the historic sites I'd only read about. For example the historic artefacts in the National Museum of Rome, the famous Colosseum along with the Imperial Fora and the Vatican City including the Sistine Chapel.

These and many other interesting sites were passed on the marathon route in sunny and windy weather condition. Overall organisation of the Rome marathon was good but some of the finer details were lacking such as poor marshalling at various parts of the route where tourists were walking and criss-crossing in front of runners.

THE ONE SHOW 1000 MILE CHALLENGE FOR SPORT RELIEF

Susan Vernon writes...You can imagine my surprise when I received a phone call from Rachel at Sport Relief telling me I had been chosen to run one of the London legs of this amazing challenge on Sunday 25th March. I was thrilled.

My lovely husband drove me to the Load of Hay in the Staines Road, near Heathrow where we picked up the previous runner. Chris then drove back home and caught public transport back into London to meet me at the start of my leg in High St Kensington.

The whole event was great fun and extremely well organised. The other 14 runners on the minibus all had stories to tell and that is why we were chosen. I was given leg 996 and as it happened the next person failed to show so guess what? I volunteered to "go the extra mile!!"

Jeff, the organiser on the minibus shouted my name and told me to get ready for the handover. I was given a big cheer as I waited for the previous runner to give me a high 5 and off I went. I had 2 cyclists, Phil and Howard, as chaperones, what lovely guys and soooo fit. I also had the minibus and lead car for company.

We chatted for a bit and then we met Chris who joined us for the remainder of the route. They kept telling him to back off as he was running too close to me! It was very exciting to run to the Royal Albert Hall and then to the finish of my leg in Knightsbridge.

The support bus and lead car were great and I thank everyone for their support, especially the One Show who chose me to run in their challenge. I had a ball and raised some money for Sport Relief. Well done to everyone who took part.

Sadly, they did not use the footage of me with my plug for Dulwich Runners in the Monday One Show.

Running on cobble stones in parts of the historic areas was uncomfortable and affected my pace some-what, especially where there were water stations the surface became slippery with some runners losing their footing on plastic cups and knocking into others, also due to narrowing of the course. Given the conditions I experienced I wasn't totally surprised with my time although the limited training I've had this year also effected this result.(I now know how essential track training is for instance)

4796 04:00:44 (397W) Marlene Russell

San Domenico 20

40 Catherine Lee 4W 2:26:20 (PB)

South of England Road Relay Champs, Milton Keynes

Dulwich Runners enjoyed their greatest ever relay performance as they won the South of England Relay Championships bronze medals and were only beaten by Britain's strongest women's team Aldershot, who could boast two European champions in their team.

Not everyone was available – Alexie was recovering from injury, Andrea was on holiday in France, Emily had family commitments and Catherine was racing in Wales and then there was a panic on Saturday when Nicola picked up an illness on holiday in France but it was clear we had a team that could possibly better our previous best here 10 years ago when we led at halfway by over 90 seconds after Alison Fletcher (2nd fastest overall), Gill Johnson and Meredith Pannett (4th fastest overall) gave us a great start but after dropping to second on leg four, we ended up seventh.

This year, Debbie Niccol started quickly, dropped back after 3km but came back well in the last kilometre to get us to fifth.Shona McIntosh was to be second off but got lost in Milton Keynes and therefore Clare Elms had to move up a leg before fully warmed up.

Clare wasn't fit enough to run at her best after so much missed training and the foot problem but she battled well and kept us within half a minute of the medals on traditionally one of the strongest legs.
Shona was running her first ever race for the club, and her first race of any sort since running 2:47 in the Amsterdam Marathon last October and well set up by the previous two legs, she moved us all the way up to second with the fastest third leg.

Kim Hainsworth, who kindly deferred her planned long run to come into the team after Nicola was unwell, and no one else was available, was thrown in at the deep end in second place and though she lost a place to Aldershot B, she held third until the last mile when Shaftesbury came past but we were only 14 seconds off a medal as Kim completed probably her best ever run for the club and kept us in the hunt for medals.

The team's longest standing club member, Ola Balme, who ran for the team when we last competed in this event in 2006 and 2007 when we didn't even make the top 15, gradually closed on Shaftesbury and moved us back up to third with a very strong well judged run.

At the start of the last leg, the two Aldershot teams were well clear but we now had a 27 second gap to Windsor who could boast a former 33 minute 10k runner on the last leg while three other clubs were still potentially capable of catching us.

Charlie was nervous about setting off in a medal position but running controlled, she probably had her best ever run and by the finish the gap had stretched to over a minute as Windsor just held off Woodford Green.

It was a pity that the club's best ever relay performance wasn't witnessed by many people from the club, in previous years the men have had a 12 stage team to offer support and that due to travel problems, two thirds of the team hadn't arrived by the start time but it was still one of the club's most notable ever team performances to rank alongside National Half marathon titles and British Masters victories.

Leg 1: 5 Debbie Niccol 18:01. 33 teams competed
1 Shaftesbury B 17:16; 2 Aldershot FD 17:29; 3 Windsor SEH 17:34; 4 B&B 17:53; 5 Dulw 18:01; 6 Norwich 18:02; 7 London Heathside 18:21; 8 TVH 18:25

Leg 2: 6 Clare Elms 18:31
1 AFD 35:29; 2 TVH 35:47; 3 WSEH 36:05; 4 Norwich 36:12; 5 SB 36:19; 6 Dulw 36:32; 7 AFD B 36:52; 8 Marshall Milton Keynes 36:58

Leg 3: 2 Shona McIntosh 17:39
1 AFD 53:27; 2 Dulw 54:11; 3 SB 54:32; 4 WSEH 55:26; 5 AFD B 55:32; 6 Norwich 55:49; 7 MMK 56:31; 8 TVH 56:34

Leg 4: 4 Kim Hainsworth 20:21
1 AFD 69:51; 2 AFD B 73:01; 3 SB 74:18; 4 Dulw 74:32; 5 WSEH 75:09; 6 WG&EL 76:05; 7 MMK 76:35; 8 Norwich 76:51

Leg 5: 3 Ola Balme 19:56
1 AFD 87:36; 2 AFD B 91:52; 3 Dulw 94:28; 4 WSEH 94:55; 5 SB 95:42; 6 WG&EL 95:46; 7 Lon H 95:53; 8 MMK 97:42

Leg 6: 3 Charlie Wood 18:34

Final positions: 1 AFD 1:44:17; 2 AFD B 1:50:23; 3 Dulw 1:53:02; 4 WSEH 1:54:08; 5 WG&EL 1:54:10; 6 London Heathside 1:54:33; 7 Norwich 1:55:44; 8 Serpentine 1:58:06

Self Transcedence 10k, Battersea, March 24

25 Rupert Nash	39:00
113 Doerte Weber 16W	49:50

Marathon Day Dreamer. Pt 2

Tony Touhy, the club siren, tries to tempt me to run 3.29!
Here's how I was almost seduced!

Last week I put a call out to my fellow runners about advice on pace. Club drummer-runner legend sent me this gem:

"Ajay, your state of mind has obviously reached a transcendental plane, raising your running ability to undreamt-of levels. Your delusions of adequacy are truly inspiring. The 3.29 marathon is now on. You have to go for sub 8 minute mile pace. Your race times this year prove it (the Thanet 20 could've been a tad quicker, but you can't have everything). As you pass through the halfway point in under 1.45 without even noticing the effort, visions of Alexie's cherubic little face crumpling in dismay when she hears of your prowess will spur you on through and beyond 20 miles at the same pace. At 24 miles you may notice your legs perhaps stinging a bit but apparently a couple of jelly beans at this point will revive you for the last push.

Ajay, marathon immortality is calling you. You must believe. Do you believe, Ajay? Well, do you?

Tony 'I give free marathon advice' Tuohy. Never run a marathon myself of course but don't like to mention it."

After that, being the simple and suggestible sort, I started to get rather inflated and THINK I could actually run 3.29. I mean how hard can it be?

I sat down with Claire Steward and Chris Vernon for some more tips and a few pints in the club house..

Chris reminsced about the days before garmins and gels. "In the 80s the club had three runners doing sub 2.30. We were real runners! I couldn't really understand how anyone could take more than 3.00 hours to run a marathon. I mean one year a guy called Steve Jones even went for a crap and managed to win the marathon!" Well, how hard can it be? So 3.29 it was....just one last run to test myself out, or so I thought.

Steve Wehrle's Richmond Park and Bushey Park Run:

About mile 17 of my last weekend long run I tried to get to marathon pace, running 8.15 I should have been worried as I found myself at the front of a wise and select group. I also noticed that I had run further than I had managed in previous years... But no sooner had I done that, Mel put on her Rocky Bilboa swagger and tore off up a windy hill, leaving me all washed up (I hadn't realised it was the last one). Luckily, just as in previous years, my arch rival Jo Shelton ran by and dragged me to the finish line with a few miles at 8.30 pace. So just under 23 miles run. Thanks so much to Steve W for organising.

Enjoyed a post run nice cold beer with Josef Danko and his family with an impromptu picnic in Richmond park to finish a great day. Now, if any one (includes Michael Williams) wants some tips on tapering (or hibernation as Charlie Lound described my approach) I'll see you down the club for a drink on Wednesday. My work is now done. I will be going for 3.45. I've now idea how Alexie is doing...she will have to run 2.59. Can she do it? Or will I, in the immortal words of Tony see "Alexie's cherubic little face crumpling in dismay!"...

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races

Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park

Weeks to go!	Date	Event / Distance	Information
3	**1 Apr**	**Paddock Wood 1/2m**	**CLUB CHAMPIONSHIP**
2	8 Apr	10 x 1m reps	Dulwich Park 09:00
1	15 Apr	Easy 10m or Thames Towpath 10	High Elms 09:00 http://www.west4harriers.com/TowpathTen
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

Dates in bold are club and or club champs races including XC champs

Club Champs Mile reps Long runs

The traditional Sunday Dulwich Park runs start at or 09:00 0930 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
High Elms Runners on Sunday starting from High Elms at 09:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the XC Captains for further details
Suitable for; 3:15 – 3:50 time – long runs with Claire
3:50 – 4:30 – long runs with Steve

for further information or questions contact steve.wehrle@immediatemedia.co.uk

Ola Balme

Sports & Therapeutic Massage

Spring Offer £10 off

Is your marathon training taking its toll?

Do you suffer from a sporting injury, shoulder strain, backache?

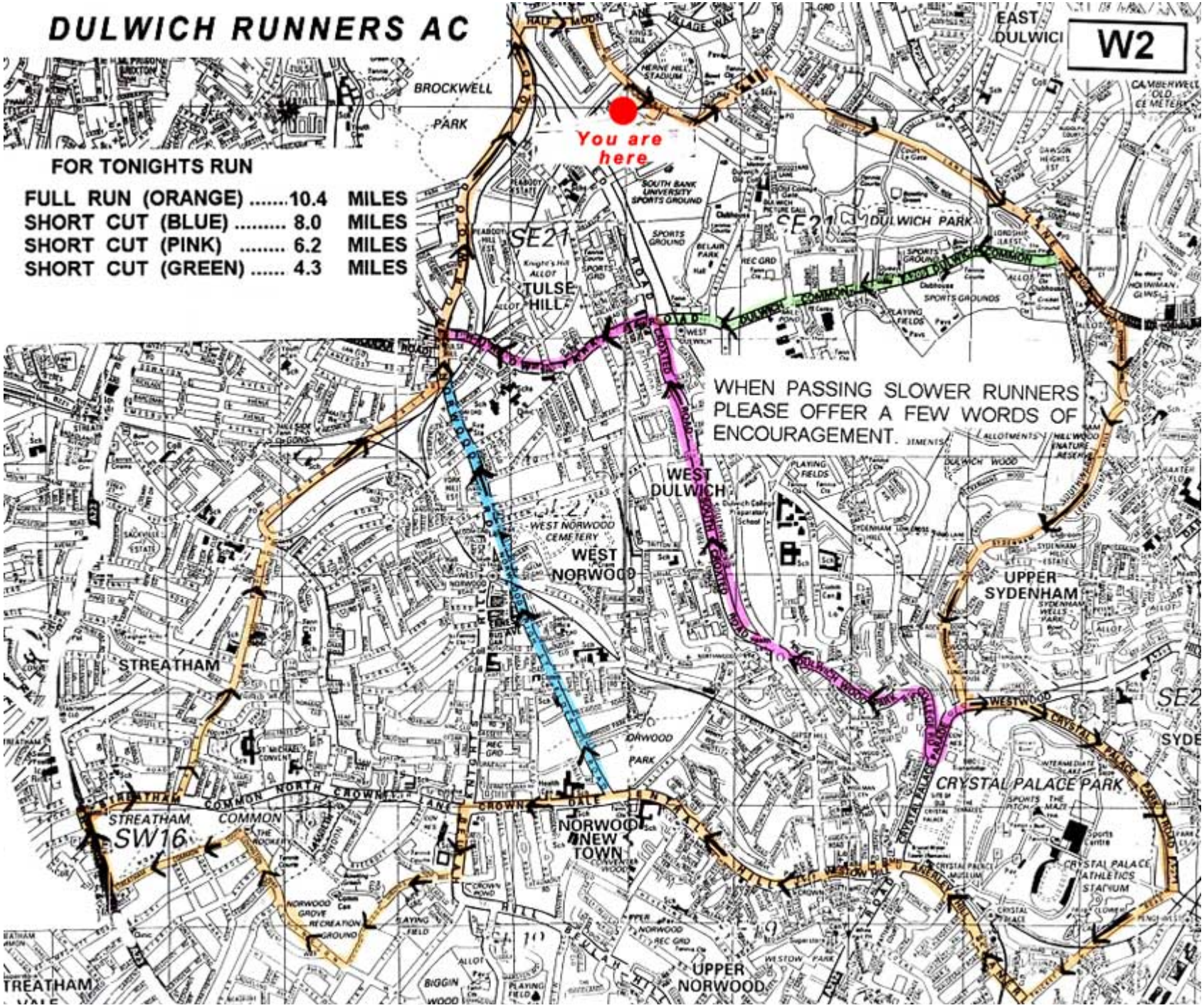
What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 07506 554004 - ola.balme@btinternet.com

DULWICH RUNNERS AC

W2

FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.4	MILES
SHORT CUT (BLUE)	8.0	MILES
SHORT CUT (PINK)	6.2	MILES
SHORT CUT (GREEN)	4.3	MILES